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Wednesday, April 4, 2018 metro.us | t: MetroNewYork | f: MetroNewYork

CELEBRITIES ABROAD: EA-STAR TRIPS

Where you can only wish you'd be able to go for a long weekend. 15



Comfort food recipes that won't kill
you on calories. 17

London murder rate now
beats NYC's. 6

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MANHOLE DOWN

Manholes are exploding around the city, putting pedestrians
at risk and leaving terrified New Yorkers wondering if they'll
have to take cover when the next one blows its lid. 4-5

GETTY IMAGES



Which teams could try and trade for Odell Beckham Jr? 19



5 THINGS YOU NEED TO KNOW



WOMAN WOUNDS THREE AT YOUTUBE HQ BEFORE KILLING HERSELF

1 A woman opened fire at YouTube's headquarters near San Francisco on Tuesday, wounding at least three people before taking her own life, as employees of the video website scrambled into the surrounding streets for safety.

Police did not release any further information on the suspect or comment on her possible motives for the shooting rampage at the Silicon Valley offices of YouTube, a service owned by Alphabet Inc.'s Google.

The shooting had no known connection to terrorism, a U.S. government security official told Reuters.

A YouTube product manager, Todd Sherman, described on Twitter hearing people running, first thinking it was an earthquake before he was told that a person had a gun.

"At that point every new person I saw was a potential shooter. Someone else said that the person shot out the back doors and then shot themselves," Sherman said on Twitter. "I looked down and saw blood drips on the floor and stairs. Peaked around for threats and then we headed downstairs and out the front," Sherman said.

Responding to the report of gunfire, police officers entered the building and located at least four people with gunshots, San Bruno Police Chief Ed Barberini said at a news conference. One of them, a woman with a self-inflicted wound, was dead, he said, and she was believed to be the shooter. One of the victims, a 36-year-old man, was listed in critical condition at San Francisco General Hospital. A 32-year-old woman was listed in serious condition and a 27-year-old woman in fair condition. Authorities did not release names of the victims.

WELCOME TO METRO.US

MORGAN ROUSSEAU, MANAGING EDITOR

Metro's staff was startled on March 22 when a loud boom rang out just outside our office in the Financial District. For many of us, our minds went to the worst (a terror attack), while others assumed it was some horrible construction accident. Only a few trained ears recognized it for what it was — a man-hole explosion due to an underground transformer blowing just a block away. It got us wondering about the prevalence, and dangers, of such incidents. Turn to pages 4-5, where we explore the topic, and visit metro.us for more of our local coverage.



TRUMP: SEND MILITARY TO BORDER UNTIL WALL BUILT

2 President Donald Trump sharpened his anti-immigration rhetoric on Tuesday, saying he wants to deploy U.S. military forces to the Mexican border to stop illegal immigrants until his long-promised wall is built and "proper security" is in place. His comments, following a threat to halt foreign aid to Honduras and other countries unless they stopped a "caravan" of Central Americans headed to the United States, immediately raised questions about troop deployment on U.S. soil. Trump called using the military at the southern border "a big

step." He met on Tuesday with U.S. Defense Secretary James Mattis and others to discuss the idea. "Until we can have a wall and proper security we're going to be guarding our border with the military," Trump told reporters at the White House, lamenting what he called "horrible" U.S. laws that left the southern border poorly protected. After 14 months in office, Trump still hammers regularly on an anti-immigration theme that helped to energize conservative Republican voters who helped him win the presidency in the 2016 election.

ADVISERS WARN AGAINST PRESIDENT'S SYRIA PLAN

3 President Donald Trump said on Tuesday he wanted to "get out" of Syria but offered no timetable, as his advisers warned of the hard work left to defeat ISIS and stabilize areas recaptured from the hardline militant group. Trump told a news conference the U.S. would "not rest until ISIS is gone." But he also suggested that victory was imminent. The Pentagon and State Department have held that a longer term U.S. effort would be needed to ensure an ISIS defeat. "It's time," Trump told reporters, when asked if he was inclined to withdraw U.S. forces. "We were very successful

against [ISIS]. We'll be successful against anybody militarily. But sometimes it's time to come back home, and we're thinking about that very seriously." The big hurdle, in the U.S. military's view, is seizing ISIS-held territory around the Syrian town of Abu Kamal. That effort that has been slowed as U.S.-backed Kurdish fighters shift their focus toward a Turkish offensive. Brett McGurk, the special U.S. envoy for the global coalition against ISIS said the fight against ISIS was not over. "We are in Syria to fight ISIS. That is our mission and our mission isn't over and we are going to complete that mission," McGurk said.

FACEBOOK DELETES POSTS FROM 'TROLL FACTORY'

4 Facebook is expanding its response to people using the platform improperly and on Tuesday said it had deleted hundreds of Russian accounts and pages associated with a "troll factory" indicted by prosecutors for fake activist and political posts in the 2016 U.S. election campaign. Facebook said many of the deleted articles and pages came from Russia-based Federal News Agency, known as FAN, and that the social media company's security team had concluded that the agency was technologically and structurally intertwined with the St.

Petersburg-based Internet Research Agency. Facebook CEO Mark Zuckerberg told Reuters in an exclusive interview that the agency "has repeatedly acted to deceive people and manipulate people around the world, and we don't want them on Facebook anywhere." The world's largest social media company is under pressure to improve its handling of data after disclosing that information about 50 million Facebook users wrongly ended up in the hands of political consultancy Cambridge Analytica, which worked on then-candidate Donald Trump's campaign.

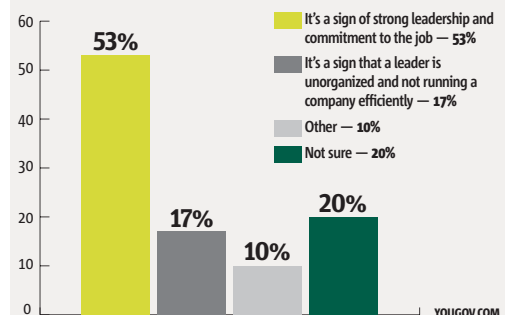
AMAZON GETS SUPPORT AMID TRUMP THREATS

5 The largest American business lobby group came to the defense of Amazon on Tuesday after a multiday Twitter attack by President Donald Trump that included unsubstantiated criticism of the world's biggest online retailer. The value of Amazon shares held by Jeff Bezos, the online retailer's chief executive and single largest shareholder, had taken a \$10 billion hit in the week since Trump began attacking him and his company on Twitter. Citing an unspecified report, Trump told reporters at the White House that the company was not paying the U.S.

Postal Service a fair rate, and that it was costing U.S. taxpayers billions of dollars and forcing other retailers out of business, and he threatened to raise rates. Late on Tuesday afternoon, a source familiar with proceedings at the White House said no specific actions addressing Trump's concerns about Amazon were on the table at the White House at this time, but that could change given Trump's dissatisfaction with the company. The U.S. Chamber of Commerce, the largest business lobby group in the U.S., stepped in on Tuesday to defend Amazon, which is a member.

ELON MUSK

Elon Musk, CEO of electric automaker Tesla, recently stated that he is sleeping overnight at his factory to help with the production of his company's latest car model. Which comes closest to your view about a boss sleeping overnight at work?



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NEWS



The city's problem of exploding manholes is worst during the winter months. **ISTOCK**

What's the deal with NYC's exploding manhole covers?

New York City's got a problem with exploding manholes, due to an aging power grid. Here's how the city is handling the dangerous dilemma.

wreak havoc.

The problem is worst during winter months, when nearly 60 percent of manhole incidents occur, thanks to the mixture of melting snow and de-icing salt seeping into manholes, causing frayed low-voltage cables to fail. In turn, that causes fires, smoke and explosions that can send manhole covers flying.

But just because it's warming up outside doesn't mean New Yorkers are in the clear. Incidents still occur at a high rate during the summer, when immense heat can fry the wires as well.

"The cause of manhole events is always a failure of equipment on the underground electric delivery system — often a burnt-out cable," said Allan Drury, a spokesman for Con Edison.

New York City suffers more of these failures because the city has the country's largest underground electrical system, which consists

of 98,000 miles of cable and 264,000 manholes and service boxes.

The age of the electric system can also be a factor. While cables have an expected lifespan of about 40 years, in Manhattan, 5 percent of low-voltage distribution cables were installed before 1930.

In fact, it's the oldest electrical system in the nation.

"These incidents are yet another example of New York City's outdated infrastructure."

New York City Public Advocate
Letitia James

ample of New York City's outdated infrastructure. It's well-known that salt-water and exposed electrical wires are a dangerous combination," New York's Public Advocate Letitia James told Reuters. "If we want a safer city, we must do more to address this issue."

Remarkably, bystanders are not often injured by the bone-chilling blasts.

"It's rare for a member of the public to be injured by one of these events," said Drury. "But we invest in upgrades to our systems and in tech-

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nologies to minimize occurrences.”

Those upgrades included spending more than \$1 billion in 2014 to replace 1,600 miles of underground electric cable. Con Ed has also implemented infrared testing to identify hotspots in need of repair, latched manhole covers, vented covers, and sensors to

detect heat and gases.

Still, some legislatures are calling for more to be done. New York City Councilman Donovan Richards, who's previously called for Con Ed to modernize its infrastructure, has reintroduced a bill that would provide more transparency into these incidents, requiring the

FDNY to submit yearly reports on manhole incidents.

“What's needed for the sake of the bill moving somewhere is for these incidents to occur, which has been happening early this year,” said Jordan Gibbons, the councilman's director of legislation and communications.

MANHOLE EXPLOSION STATS

MANIACAL MANHOLES, AT A GLANCE

Five-Year Average of Incidents:

Explosions (results in injury to persons or property): 29

Fire: 140

Open covers (manhole dislodges, but no injury reported): 37

Smoking manholes: 2,241

RECENT BLASTS

April 2: A 100-pound

manhole cover went soaring into the air Monday on East 75th Street and Second Avenue. Moments later, another manhole across the street erupted. The FDNY said road salt, which was present due to a recent snowfall, was likely to blame for the blast.

March 22: An underground transformer blew, causing a manhole to explode on Nassau Street near Broadway in the Financial District. Officials also attributed that

incident to melting snow mixed with salt.

Feb. 27: Some Lower East Side residents were jerked awake around 5:40 a.m. when four manhole covers were blown off in the area of First and Second streets.

Jan. 15: Several cars, including a brand new Mercedes SUV with just 100 miles on the odometer, were reportedly damaged due to a series of manhole explosions in Crown Heights, Brooklyn. No injuries were reported.



On March 22, an underground transformer blew, causing a manhole explosion on Nassau Street in Manhattan's Financial District. **NIKKI M MASCAU**

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London murder rate overtakes New York as knife crime rises

A “violent scourge” on the streets of London has caused that city to surpass New York City’s homicide rate.

London police investigated more murders than their New York counterparts did over the last two months, statistics show, as the British capital’s mayor vowed to fight a “violent scourge” on the streets.

There were 15 murders in London in February against 14 in New York, according to London’s Metropolitan Police Service and the New York Police Department. For March, 22 murders were investigated in London, with 21 reports in New York.

In the latest bloodshed, a 17-year-old girl died on Monday after she was found with gunshot wounds in Tottenham, north London,

a day after a man was fatally stabbed in south London.

“The Mayor is deeply concerned by violent crime in the capital — every life lost to violent crime is a tragedy,” a spokeswoman for Mayor Sadiq Khan said in a statement on Tuesday.

“Our city remains one of the safest in the world ... but Sadiq wants it to be even safer and is working hard to bring an end to this violent scourge.”

Including January’s figures, New York had still experienced more murders so far this year than London. The cities have a similar-sized population.

Gun violence is much less of a problem in Britain, which has strict gun control laws, than in the



British politicians and police are increasingly expressing concern about London’s rising murder rate, which is driven by a surge in knife crime. GETTY IMAGES

United States, and most British police are not equipped with firearms.

But British politicians and police are increasingly expressing con-

cern about London’s rising murder rate, which is driven by a surge in knife crime.

Britain’s interior ministry said it was consulting on new laws to further restrict dangerous weapons, including banning online stores from delivering knives to residential addresses and making it an offense to possess certain weapons in public.

“This government is taking action to restrict access to offensive weapons as well as working to break the deadly cycle of violence and protect our children, families and communities,” a Home Office spokesman said.

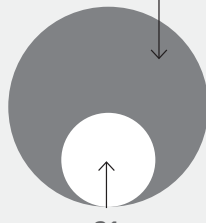
Khan, who has been

in office since May 2016, is from the opposition Labour Party. Before him, Conservative Boris Johnson was mayor for eight years. The national government has been run by the Conservatives since 2010, with Prime Minister Theresa May previously serving as interior minister from 2010 to 2016.

Britain’s most senior officer, London Police Chief Cressida Dick, said gangs were using online platforms to glamorize violence, adding that disputes between young people could escalate within minutes on social media. REUTERS

LONDON CRIME

47
NUMBER OF MURDERS IN
LONDON SO FAR THIS YEAR



31
NUMBER OF LONDON
MURDERS THAT
WERE COMMITTED
WITH KNIVES



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The special fare for 30-minute rides is available exclusively through the Citi Bike app and is available for riders in NYC and Jersey City.



This month, you can take a 30-minute Citi Bike ride around New York City or Jersey City for \$3. **BESS ADLER**



NIKKI M. MASCALI
nikki.mascali@metro.us

For the month of April, Citi Bike is offering \$3 single rides to entice more New Yorkers and others to try the bike-sharing service.

The special fare option, which is for a 30-minute ride, will be available exclusively through the Citi Bike app and will be available for cyclists in Jersey City as well.

"From Astoria to Midtown or Williamsburg to the Lower East Side, we are bringing Citi Bike to even more New Yorkers this spring — one 30-minute

trip at a time," Kris Sandor, general manager of Citi Bike, said in a statement. "It's no secret that New Yorkers are always on the go, and with the single ride option, we are delivering a flexible new way for people to get where they need to be."

Citi Bike offers cyclists more than 12,000 bikes at more than 750 docking stations across the city.

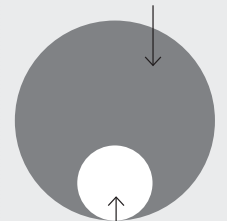
An annual membership to Citi Bikes costs \$169 for unlimited 45-minute rides, while one-day and three-day

passes include unlimited 30-minute rides for \$12 and \$24, respectively. There are also discounted memberships for Citi cardholders, employees of select city-based companies and residents of public housing in both New York City and Jersey City.

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NY AG files lawsuit to block census citizenship question

New York Attorney General Eric Schneiderman filed a lawsuit Tuesday morning in an attempt to block the Trump administration from asking about citizenship status on the 2020 census.

Federal officials announced in March that a question about citizenship status will be included in the upcoming census as a way to enforce the Voting Rights Act.

Schneiderman is leading a coalition of 18 total attorneys general, representing Massachusetts, Pennsylvania, New Jersey, Connecticut, Delaware, North Carolina and more, in the effort to stop the administration from demanding such citizenship information.

The lawsuit deems the move to add a citizenship question as an "unconstitutional and arbitrary decision."

The point of the census, the lawsuit noted, is to determine "the whole



New York AG Eric Schneiderman and other attorneys general are opposing the addition of a citizenship question on the 2020 census. GETTY IMAGES

number of persons in each state," but inquiring about citizenship status, these AGs said, would reduce participation among immigrants.

"One of the federal government's most solemn obligations is a fair and accurate count of all people in the country, citizen and non-citizen alike," Schneiderman said in a statement. He said that this requirement has been respected for decades, until now.

"With immigrant com-

munities already living in fear, demanding citizenship status would drive them into the shadows," he added, "leading to a major undercount that threatens billions in federal funding for New York and our fair representation in Congress and the Electoral College."

With an inaccurate census turnout, states could lose billions of dollars in federal funds that cover things like education, infrastructure and more. KRISTIN TOUSSAINT



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Why Knee Arthritis Sufferers O Newest Medical Proce New York Doc's Merge Best All Natural

*Fraction of the cost, minimal risk and lit
Hundreds of arthritis sufferers from tri-state area calling weekly to.*

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupple- cosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.



Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife



Normal Pain-Free Knee Joint

Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis

Pain -

Illustration shown is a knee joint with painful xosteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Join Like "Joint Oil" using Precision Targeting Technology Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

Of Almost All Ages Are Choosing Procedures Before Surgery of High Tech Medicine And Treatments

little to no downtime amongst top reasons.

find out if treatment is right for them...Often covered by insurance.

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the **NY Pain MD** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even-though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like 'joint oil.' It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time." noted the Director of Center



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** used this P.A.T. Imaging Technology with each and every treatment.

NY Pain MD is a state of the art medical facility offering the best technology.

And that's not all

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important -

Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any question:

Call: 800 885 KNEE (5633)

Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz Synvisc) without satisfactory results?

If you answered yes to any of these questions - give NY Pain MD a call and schedule your no obligation knee pain screening

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Driver Dorothy Bruns is seen after she drove her car through a red light at a Park Slope intersection and fatally struck two young children last month. GETTY IMAGES

Driver had emergency call days before fatal Park Slope crash

Three days before she fatally struck two young children, medics responded to a cardiac condition call at Dorothy Bruns' Staten Island home.

on March 5, which caused her to accelerate through a red light at the intersection of Ninth Street and Fifth Avenue in Park Slope, striking a 46-year-old man and Ruthie Ann Blumenstein and Lauren Lew, who were walking with their children, Abigail Blumenstein, 4, and Joshua Lew, 1.

Blumenstein, a pregnant Tony-winning Broadway actress whose stage name is Ruthie Ann Miles, was seriously injured, but her unborn child was unharmed.

Bruns attempted to flee after the crash and dragged Joshua Lew's stroller down Ninth Street before she crashed into several vehicles and was detained by bystanders.

Her white Volvo had been cited four times each in the past two years for running red lights and speeding through school zones. Her license was suspended the day after the Park Slope incident. According to the Daily News, Bruns also struck a pedestrian in Long Island City in September, but the crash was not properly documented.

Bruns' medical issues are at the center of the criminal investigation into the fatal crash, and authorities are in the process of determining if her doctors had instructed her to stop driving.



NIKKI M. MASCALI
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Days before motorist Dorothy Bruns drove her car through a red light at a Park Slope intersection and fatally struck two young children last month, medics responded to an emergency call about a cardiac condition at her Staten Island home, FDNY sources told the New York Daily News.

The call came on March 2, just three days before the accident that killed a 1-year-old boy and a 4-year-old girl and injured their mothers, one of whom was pregnant, and another pedestrian. Responders were also called to Bruns' home for the same condition on Dec 22 and Nov. 19, the Daily News reported.

Bruns had also been on medical leave from her job in January and February, a source told the paper. The 44-year-old has multiple sclerosis and suffered a seizure behind the wheel



The crash occurred at Ninth Street and Fifth Avenue in Park Slope on March 5. GOOGLE MAPS

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ACCELERATE YOUR FUTURE.



Rachael Denhollander, seen here giving her impact statement, will speak at Harvard this Thursday. GETTY IMAGES

Larry Nassar abuse survivor to speak at Harvard about justice, forgiveness

Rachael Denhollander was the first woman to publicly accuse the USA Gymnastics doctor of misconduct.



KRISTIN TOUSSAINT
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Rachael Denhollander, the first woman to publicly accuse USA Gymnastics doctor Larry Nassar of sexual abuse, will speak at Harvard University this week about justice and forgiveness.

The event, called "Can We Reconcile Justice and Forgiveness?" is scheduled for Thursday, April 5, at the Sanders Theatre in Harvard's Memorial Hall.

Denhollander will talk about how her religion has influenced her thoughts on justice as well as her ability to forgive those who "do not seem to deserve it," the event posting noted.

Denhollander was 15 years old when she was molested by Nassar, who

in January was sentenced to up to 175 years in prison for sexual abuse (on top of a 60-year sentence for child porn).

She became the first survivor to file a criminal report against Nassar as well as the first of more than 160 women to talk about that abuse in pub-

of forgiveness.

"You spoke of praying for forgiveness. But Larry, if you have read the Bible you carry, you know forgiveness does not come from doing good things, as if good deeds can erase what you have done," she said in her impact statement. "It comes from repentance which requires facing and acknowledging the truth about what you have done in all of its utter depravity and horror without mitigation, without excuse, without acting as if good deeds can erase what you have seen in this courtroom today."

The event was organized by the Veritas Forum, a nonprofit that works with Christian college students to, according to its website, "help students and faculty explore life's hardest questions."

Denhollander will be in dialogue with Harvard Professor Nancy Hill, a developmental psychologist and education professor.

The event is free but tickets are required for admission.

"Larry, if you have read the Bible you carry, you know forgiveness does not come from doing good things."

Rachael Denhollander

lic. She was also the final survivor to give her impact statement in court.

In that impact statement, Denhollander touched on the concept

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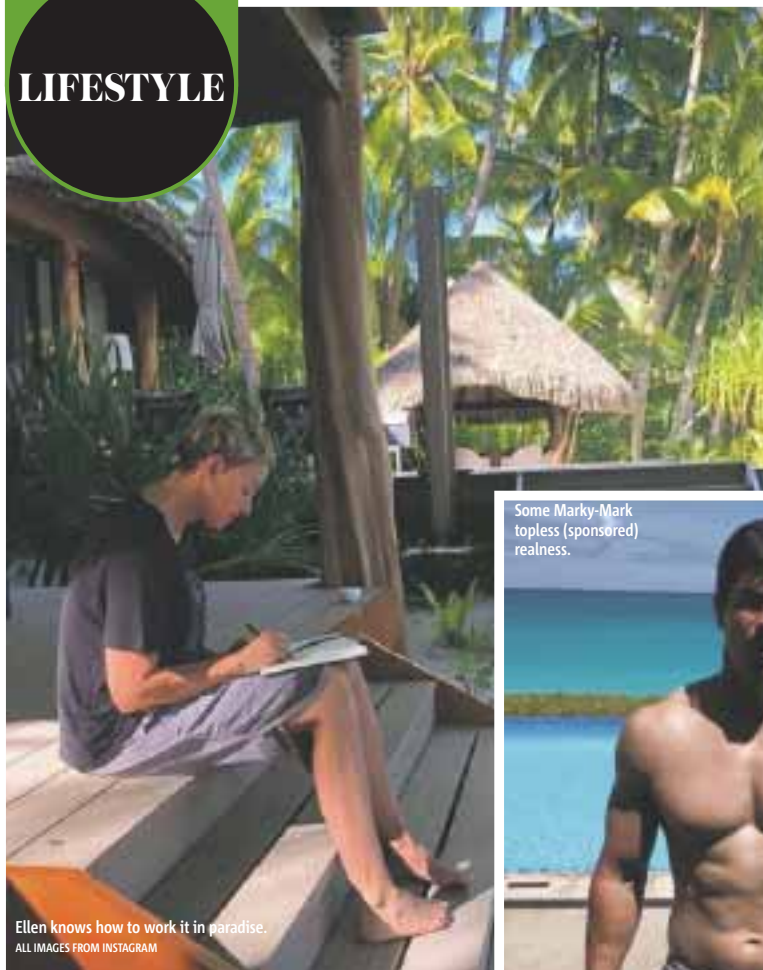


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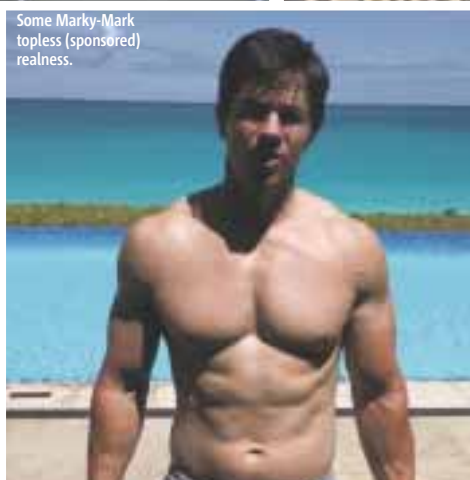
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LIFESTYLE



Some Marky-Mark topless (sponsored) realness.



A-lister spring travel — aka where you'd rather be

The weather outside's still frightful, but when you're a freelance fun-ionare, you can go anywhere. Which is effing delightful.



SHANEY HUDSON
letters@metro.us

Celebrities! They're nothing at all like us.

As we mere mortals still shiver, famous faces have suffered through the cold the best way they know how: by leaving town.

Mark Wahlberg gave us a bare-chested shout-out poolside from the Bahamas after giving up posting videos of himself online for his 40 days of

Lent. Because that's what Jesus would do. In an act of self-sacrifice, the "All the Money in the World" star gave up some serious sponsored silver to show his devotion, with his last posted video racking up close to 50 million views.

"This Is Us" star Mandy Moore was also closer to God this Easter after trudging through seven different ecosystems to summit a snowy Mount Kilimanjaro in Tanzania during her eight-day trek. Posting a selfie with friends on Africa's highest peak, she offered wise words to those who plan to follow in her (sponsored) footprints; "Kilimanjaro demands a lot from those who traverse her trails," she posted. "You have no choice but to show up. And we did."

Also feeling the rain in Africa was "Will & Grace's" Debra Messing, who traveled with her son to Kenya and Tanzania.

They visited Sweet Malkia, the baby elephant she sponsors through the David Sheldrick Wildlife Trust. Along with posting animal antics, Messing also provided the internet with the obligatory celebrity naked-bathtub-with-a-view selfie.

Keeping it in the family is certified saint Jennifer Garner. She flew with her kids to Hawaii to spend Easter with her back-tatted ex, bird enthusiast Ben Affleck, who is in Oahu shooting "Triple Frontier" for

Netflix. Sadly, Garner returned home from vacation to mourn the loss of her own feathered



friend, pet chicken Regina George. However, the chic hotspot of celebrity

choice this season is Tahiti, with private jets full of celebs hitting French Polynesia. Portia di Rossi shared snaps of wife Ellen DeGeneres on a working vacay, as well as a video of Ellen floating with tropical fish that contained the obligatory "Finding Dory" reference.

Tahiti has long been one of Ellen's favorite getaways, with Margot Robbie recounting on the "Ellen" show how she, her husband and his short-shorts met the TV host (and Barack Obama) in a Tahitian resort gym.

Jennifer Aniston and fellow "Friends" alum-chum Courtney Cox are also rumored to have joined Jimmy Kimmel at Marlon

Brando's private Tahitian island hotel, The Brando, to celebrate Kimmel's wife's 40th birthday.

Of course, friends that sun together stay together. Chris Hemsworth has once again showed off Australian surfing Mecca Byron Bay to his Hollywood pals.

Matt Damon and family joined the "Thor" actor and his famous wife, Elsa Pataky in town, amid rumors of Damon potentially purchasing a house in the beachside getaway.

When he wasn't at the beach being papped, Hemsworth focused on the local festival season, sporting an epic porn stache and declaring local music festival Bluesfest "Best festival goin' round!" in a group selfie with mates at the annual Easter event.

Highly recommended: Binge watching 'Santa Clarita Diet'

We're late, but the horror-comedy series is fun and funny.



RACHAEL VAUGHAN CLEMMONS
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After a weekend filled with depression, decompression and hard bingeing a series I kind of can't believe exists, I have come to an inevitable conclusion: Netflix's "Santa Clarita Diet" is low-key brilliant.

The show imagines Drew Barrymore as undead SoCal real estate agent Sheila, with hapless husband Joel (Timothy Olyphant, charming as always and clearly having the best time) and firebrand daughter Abby (Liv Hewson) in tow. And it very much has a

little bit of everything: fantastical Serbian lore! A zombie head played by Nathan Fillion! Awkward teenage romance! And Nazis who get their comeuppance! Not to be hyperbolic, but the ten hours I spent on Saturday watching seasons one and two were probably the most blissful 10 hours I've experienced in 2018 so far.

That's because for as gory and insane as "Santa Clarita Diet" is, it's relatively harmless. Sure, Sheila has to eat people to survive, or pieces of her body start rotting off. And yeah, there are a lot of scenes of Sheila trying to reattach certain parts of her body — or violently detaching pieces of her victim's bodies in a blood-thirsty rage, no big. But

you already know nothing bad is actually going to happen, at least not to the lovable, bumbling protagonists.

For what it's worth, Sheila and Joel are in a very precarious predicament. You try dealing with an infection that makes you a sentient, horny zombie with boundless energy and a hankering for brains. Actually, more than brains — Sheila spends a lot of time waxing poetic about what body parts she considers delicacies.

Despite its heightened reality, "Santa Clarita Diet" is buoyed by a sense of relatability.



Things get bloody — and graphic — more often than not on the series, and Drew Barrymore is more than game. **ALL PHOTOS NETFLIX**



The Hammonds are the most delightful, accidentally murderous family in all of Santa Clarita.

Abby, well. Abby is just going around being an annoying teen so, whatever.

It also benefits by being light enough that you don't have to pay attention to every second of the series to know what's going on. You can pretty much infer that the Hammonds are bad at killing, but are good at killing only bad dudes. Yes, Sheila's victims are always men. And considering her first inclination to kill is spurred by a creepy, predatory

man who can't take no for an answer, one could almost argue that Sheila is the best bet to lead the fight against the patriarchy, one bite of testes at a time. Did I mention the show is very graphic?

Too long, didn't read? Get yourself on a couch, stat, and watch every single episode of "Santa Clarita Diet." It's fine and funny and Timothy Olyphant can still get it.

The first and second seasons of "Santa Clarita Diet" are streaming now on Netflix.

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LUCY E. COUSINS
letters@metro.us

If you can't face another lettuce leaf or kale chip, but still want to eat healthily, then we have three recipes you'll love. We asked healthy chef Dan Churchill to share his three favorite comfort food recipes that're actually good for you.



Chef Dan Churchill

SUPER EASY LEAN TURKEY CHILI

The spices in this recipe work on the immune system, especially the turmeric. Plus, it tastes amazing.

Ingredients

- 3 tbsp EVOO
- 1 onion, finely chopped
- 1 carrot, finely chopped
- 1 stalk celery, finely chopped
- 3 garlic cloves, finely chopped
- 1 lb turkey, ground
- 1 tsp dried chili peppers
- 1 tbsp cumin, ground
- 1 tbsp coriander, ground
- 1 tbsp paprika
- 2 tsp oregano
- Pinch of S&P
- 2 cups chicken stock
- 1 can black beans
- 1 can whole tomatoes
- ½ cup apple cider vinegar
- 1 cup brown long grain rice
- 2 tsp turmeric, ground
- Bunch of cilantro

Method

1. Add oil to stock in a large pot on medium heat and caramelize your onion, carrot, celery and garlic for 7-9 minutes.
2. Stir in your ground turkey.
3. Add all your spices — except the turmeric. Pour in your black beans, tomatoes, stock and vinegar.
4. Cover and bring to a boil before turning heat to low and leaving to simmer for 30-40 min.
5. In a medium pot combine your rice with 2½ cups of water and the turmeric. Cover, bring to a boil and allow to simmer for 15 minutes or until rice is fluffy.
6. Chop up 3 stalks of the cilantro, including both roots and leaves, and stirring into your pot. Season with more salt and pepper and vinegar if need be.
7. Serve chili on turmeric rice with a dollop of yogurt.

SATAY BEEF SHORT RIB

This is a low-carb dinner option that's full of protein and immune-boosting coconut milk. The good fats in the coconut milk and peanuts also work to promote fat loss — yay!

Ingredients

- 1 tbsp grapeseed oil
- 2 short rib pieces (bone-on or -off)
- 30 oz beef stock

Satay Sauce

- 1½ tbsp peanut butter
- ½ cup coconut cream
- Tamari/soy sauce
- 2 tsp cumin
- 1 tsp turmeric
- 1 tsp banana
- Juice of half a lemon
- Greens of your choice

Method

1. In a large pot on medium-high heat, toss in your

oil and sear the short ribs on each side for 3-4 minutes or until caramelized, then remove to a plate.

2. Deglaze the pot with ½ cup of the beef stock, scraping the bottom to get out all that meaty flavor (take advantage of all that goodness).

3. Add remaining stock to the pan, along with the short ribs, and turn heat to high. Bring to a boil.

Then turn the heat to low, cover with a lid and cook for 6-8 hours. Set aside, or put in fridge for future use.

4. For the sauce, combine ingredients until smooth then add to a frypan on low heat to reduce to a thick sauce.

5. Add in the greens of your choice and to serve! Place your short ribs in a bowl before pouring the sauce. Put the greens on top.



VANILLA CHAI TAHINI OATMEAL

The spices alone in this recipe offer a load of antioxidants to fight off free radicals and boost your immune system.

Ingredients

- ½ cup oats
- 1 tsp coconut oil (optional)
- ½ tsp cloves, ground
- 1 tsp cinnamon, ground
- ½ tsp cardamom, ground
- Pinch of salt
- 2 tsp tahini
- 2 tsp honey
- ½ tsp vanilla extract
- 1 tsp chia seeds
- ½ cup almond milk
- 1 tsp low-sugar raspberry jam
- Sprinkle of spiced pecans

Method

1. Combine oats with ½ a cup of water in a pot on medium heat, cover and bring to a boil before stirring until all water is absorbed.
2. Fold in your coconut oil, cloves, cinnamon, cardamom, salt and chia seeds along with almond milk. Drizzle in half your tahini, honey and vanilla.
3. Pour into a bowl and top with the remaining honey, tahini, jam and crunchy pecans.

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This Alice in Wonderland-inspired hallway actually shrinks — and changes colors! ALL PHOTOS EVA KIS



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EVA KIS
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The irony of an infinity room is you may spend forever in there trying to figure out how to take a decent photo.

There's so much more to see inside the Dream Machine, a two-month pop-up coming to Williamsburg from April 5-May 31, but the Matrix-like abyss is sure to be the star attraction.

Much like the Museum of Ice Cream and other recent immersive experiences, there's plenty of

Instagram fodder inside the 10-room warehouse. But co-creators Paige Solomon and Gary Johnson hope you'll find time to break from your Instagram agenda and do what they created the space for: exploring the possibilities of your dreams while wide awake.

Get out of your routine, say the plants painted with polka dots and stripes. Go ahead and touch the sky, whether it's a fluffy cotton cloud or bubbles filled with fog. Consider the possibility of a world beyond the one you see, beckons the wall of washing machines that swings open to reveal that infinity room. Floating on water is for the real world — in the Dream Machine, you're suspended in a ball

pit at the bottom of a pool, watching the waves ripple above you.

It's probably futile to suggest letting go of your Instagram agenda. But if you can manage to live life for yourself and not your followers, there are moments of genuine transcendence to be had here. And with admission limited to just 30 people per hour, you'll actually get the chance to find them.

Maybe by remembering how valuable dreams can be, the City That Never Sleeps will try it sometime.

The Dream Machine will be open April 5-May 31 from 10 a.m. to 10 p.m. at 93 N. Ninth St. in Williamsburg. Tickets are on sale now at showclix.com.

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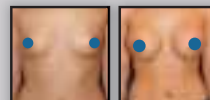
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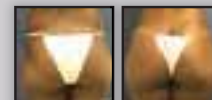
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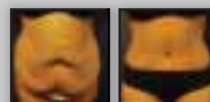
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SPORTS

'Very' possible Giants deal Beckham during offseason

The New York Giants could deal their best receiver and a possible generational talent.



JOE PANTORNO
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Despite New York Giants owner John Mara's attempts at quelling the situation, the trade talks surrounding wide receiver Odell Beckham Jr. continue to grow.

On Tuesday morning while on the "Ross Tucker Football Podcast," ESPN's Adam Schefter admitted that the possibility of the Giants moving Beckham is "absolutely real... very real," and that he believes a trade will happen this offseason.

It would be a blockbuster trade to end all blockbuster trades as Beckham is one of the most electrifying pass

catchers in the league.

At just 25 years old, the LSU alum took the league by storm during his first three seasons in the league, compiling 4,122 yards and 35 touches. No other wide receiver in the history of the game has put up more prolific numbers yardage-wise during the first three years of his career.

His historic production was stymied due to an ankle injury that limited him to just four games in 2017.

But Beckham's inability to behave on and off the field has made him a liability and tried the patience of the front office. He's also had his fair share of run-ins with the league — fines and a one-game suspension has cost him over \$220,000 during his young career.

Beckham's escapades include an all-out brawl with then-Carolina Panthers cornerback Josh Norman in 2015, mul-



ESPN's Adam Schefter believes Odell Beckham Jr. will be traded before the 2018 season. GETTY IMAGES

tipule outbursts on the sideline that included the bashing of a kicking net, an ill-timed boat trip prior to the team's NFC Divisional Round game against the Green Packers and, most recently, a video surfacing on the internet of him in Paris holding what looks like drugs.

During the early portions of this offseason, though, the thought of trading Beckham wasn't a thought among most around the NFL. This all began when Beckham threatened to hold out for a long-term contract extension as his rookie deal is set to run out at

the end of the 2018 season. He is set to make \$8.5 million next year, making him quite a bargain given his talents.

Just hours later, the New York Daily News' Pat Leonard reported that the Giants were looking for a package deal centered around

a first-round draft selection. It was also revealed that the Los Angeles Rams had talks with the Giants about pulling off a deal in which they would send the No. 23 pick in the 2018 draft over to New York.

Since then, the number of first-round picks desired by the Giants has doubled, per Schefter.

However, NFL Network's Kimberly Jones reported the opposite, saying the Giants were not going to deal the receiver.

With the NFL world ablaze, Mara attempted to play damage control, saying he "absolutely" does not want to trade Beckham, but added that he "can't promise" that he will remain a Giant.

While Schefter's belief is merely speculation, this is still the man whose finger is on every pulse and possible transaction around the league. Granted, at this point, anyone's guess is as good as his.

Which teams could make a run at Beckham?



SAN FRANCISCO 49ers

The 49ers look to have their quarterback of the future in Jimmy Garoppolo, who dazzled in his brief stint as the team's starter. The problem is that the offense around him doesn't offer much else.

Pierre Garcon and Marquise Goodwin don't provide much of a one-two punch in the passing game. The latter was the only receiver to record over 515 yards last season.

San Francisco has the No. 9 pick in this year's draft but not much else to offer considering their second-round pick is at No. 59.



CLEVELAND BROWNS

The Browns have already traded for quarterback Tyrod Taylor and wide receiver Jarvis Landry. Landry, who was teammates with Beckham at LSU. The former Dolphin has already voiced his desire to reunite with his old friend.

The Browns are poised to get even better with the first and fourth overall selections in this year's draft. They will likely take a quarterback with the top pick, possibly Wyoming's Josh Allen. If the Giants want to be aggressive, they could call the Browns and demand that No. 4 pick. That would allow them to draft a quarterback at No. 2 (USC's Sam Darnold) and Penn State running back Saquon Barkley two slots later.



INDIANAPOLIS COLTS

It seems as though the Colts are doubling down on a future with Andrew Luck under center despite the quarterback missing all of last season due to injury. Formerly holding the No. 3 pick, which would have ensured a top-rated passing prospect in the draft, Indy traded down to No. 6.

Luck is in serious need of receiving help as the Colts lost Donte Moncrief, which will force him to rely entirely on T.Y. Hilton.

They have plenty of cap space to give Beckham that contract extension and could offer up the No. 6 pick.



GREEN BAY PACKERS

Before entertaining the idea of trading for Beckham, the Packers need to sign quarterback Aaron Rodgers to a long-term extension. After that, they'll have a better idea of how much money they could allocate toward the receiver.

The Packers need to revamp their ranks after releasing Jordy Nelson, who subsequently signed with Oakland.

Their No. 14 pick in this year's draft is low enough that front office members might not feel too bad about giving it up while awarding the Giants two selections within the top 15.



LOS ANGELES RAMS

The Rams have already contacted the Giants about Beckham, but their interest might be eliminated after acquiring Brandin Cooks from the New England Patriots.

Already with an explosive offense that ranked No. 1 in the league last year under rookie head coach Sean McVay, Beckham would bolster a wide-receiving group that now has Cooks joining Robert Woods and Cooper Kupp, who have shown they can put up solid numbers as secondary receivers. However, the current Giant would be a clear-cut No. 1 to provide Jared Goff with a go-to target for years to come.

Swarzak to 10-day DL, Robles called up

New York's big bullpen signing of the offseason is already hitting the shelf.



JOE PANTORNO
joseph.pantorno@metro.us

While they haven't experienced the kind of injury troubles from last season quite yet, or that of the crosstown-rival Yankees this year, the New York Mets have placed reliever Anthony Swarzak on the 10-day disabled list due to a strained oblique.

The 32-year-old was a key addition to the Mets bullpen this offseason, the team signing him to a two-year, \$14 million deal over the winter.

It was a sizeable reward for the veteran, who was coming off the finest season of his eight-year career in 2017. With the Chicago White Sox and Milwau-



Anthony Swarzak's strained oblique has forced the Mets to call up the struggling Hansel Robles. GETTY IMAGES

kee Brewers, the right-hander posted a 2.33 ERA in 77.1 innings of work while striking out 91 batters.

In 2.1 innings of work with the Mets during the

early portions of this season, Swarzak allowed one run, a solo home run to St. Louis Cardinals third baseman Matt Carpenter.

Now with a valuable

arm sidelined, the Mets were forced to call up Hansel Robles from a Triple-A Las Vegas, a move that will make many Mets fans cringe.

The 27-year-old Ro-

bles had a clear opportunity to make the big club this spring training despite coming off the worst campaign of his career. In 2017, he allowed 31 earned runs and 10 home runs in just 56.2 innings for a 4.96 ERA.

His spring training was even worse as he allowed 12 earned runs on 17 hits, including five home runs, for a 9.26 ERA. Sticking to his word of rewarding the best spring performers, new manager Mickey Callaway left Robles off the Mets Opening Day roster.

Robles might be nothing more than a depth option that Callaway would have to turn to in desperation as New York's bullpen should be deep enough to limit his outings. Through the first three games of the season, the Mets have

used five other relievers besides Swarzak.

Look for Robert Gsellman to be Callaway's main righty to come out of the pen before the eighth or ninth inning as that honor is reserved for AJ Ramos and Jeurys Familia. A former starter, Gsellman has been sterling in his early stint as the team's sixth and seventh-inning man as he's struck out four of seven batters faced.



HANSEL ROBLES

Jets to sign center Travis Swanson

The New York Jets are on the verge of signing veteran center Travis Swanson, as first reported by NFL Network's Ian Rapoport on Tuesday morning.

Swanson spent the first four seasons of his NFL career with the Detroit Lions, starting in 42 games during that stretch. He will provide much-needed depth at the position after the team signed Spencer Long earlier this offseason.

Formerly of the Washington Redskins, Long hasn't been able to establish any kind of consistent contributions at the NFL level, starting 31 games over his four years in the league.

Per analytics site Pro Football Focus, he received a grade of 56.0 last year in seven games, which falls under the "poor" designation.

But the loss of starting center Wesley



The Jets are adding depth to their O-Line with Travis Swanson. GETTY IMAGES

Johnson, who signed with the Lions, left an enormous void in New York's offensive line, making Long a considerable upgrade given how poor they performed last year.

Per PFF, the Jets' offensive line ranked 30th out of 32 teams in the NFL, surrendering 177 pressures and 47 sacks.

While Swanson provides another option behind Long, it isn't necessarily a better one. The 27-year-old received a grade of 43.1 by Pro Football Focus, ranking No. 32 among all centers in the NFL. That made him one of the worst starting centers in football last year. JOE

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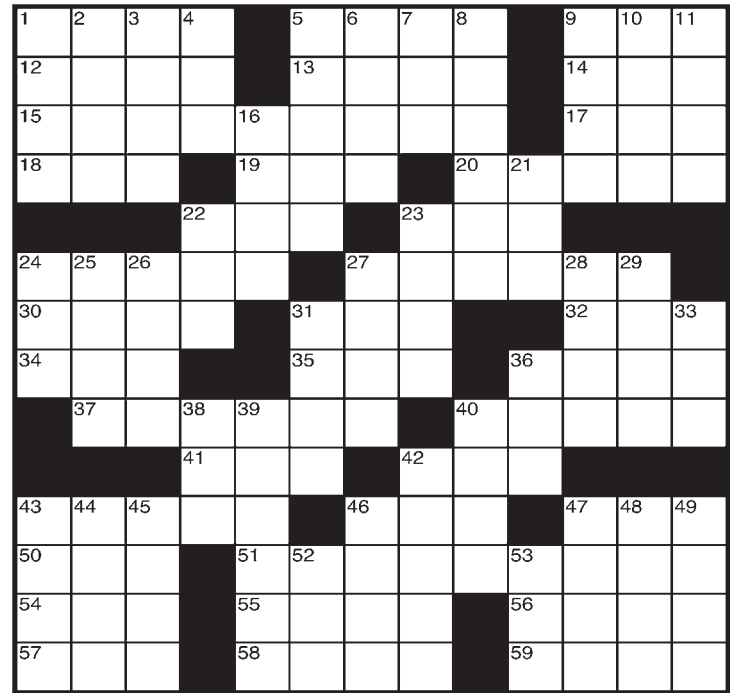
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- 50 Caviar
- 51 Sparkled
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- 59 Shape up

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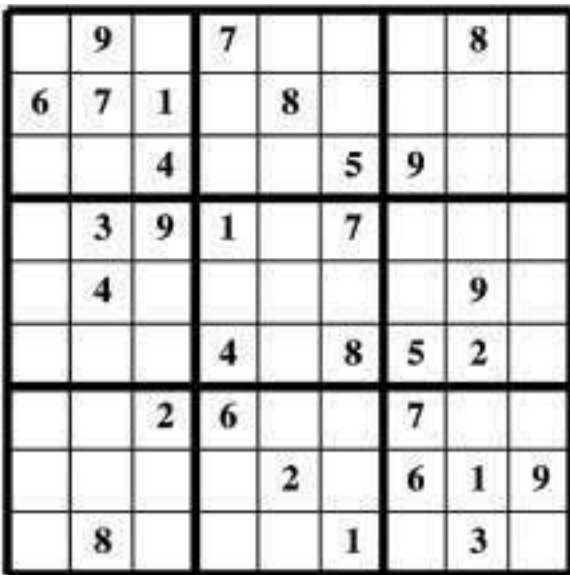
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- 9 Switch positions

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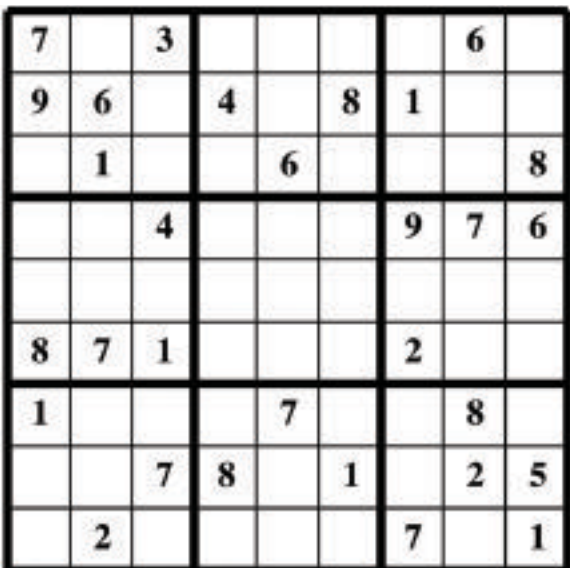


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Taurus Go about your business. Don't make a fuss or get into a discussion regarding domestic issues. Keep life simple, and move forward with confidence.



Gemini Discuss any personal plans before you put them into play. An emotional shift with someone you love will give you reason to pitch in and help more.



Cancer You will be called upon to help a friend or relative, but before you sign up for duty, make it clear what you are and are not willing to do for them.



Leo You'll be eager to gain experience and apply whatever you learn to your current situation. Refuse to let someone who tends to overreact or has bad habits influence you.



Virgo Do some research before you engage in something that will take you into unfamiliar territory. It will pay off and encourage you to look for alternative ways to get what you want.



Libra The help you offer will determine if someone takes advantage of you. Instill standards that you can live with and don't let anyone adjust the boundaries you set.



Scorpio Keep your thoughts to yourself and don't make a fuss. Give any situation you face a chance to unfold. Knowing the facts before you make a move will change your response.



Sagittarius Taking a short jaunt to visit someone you haven't seen in a long time or to attend at retreat that is geared toward self-improvement will result in personal gains.



Capricorn Don't get angry when you should be expressing your thoughts and feelings with diplomacy. Have a backup plan in case someone you are dealing with lets you down.

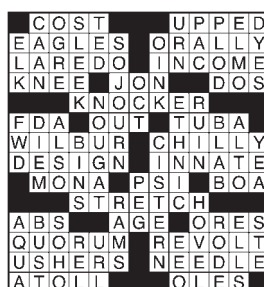


Aquarius You'll know what to do and what not to do. An opportunity will help you take positive steps forward. A partnership will help sell what you have to offer.



Pisces It'll be difficult to decide what's best for you. An unusual opportunity should be looked into and considered. A possible personal gain will challenge and excite you. **EUGENIA LAST**

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1. Promotional APY of 1.60% will be effective for 6 months from the account opening date for all new Optimum Money Market Accounts for customers that qualify for Popular Gold Rewards that open between March 12, 2018 and May 15, 2018. Promotional APY of 1.55% will be effective for 6 months from the account opening date for all new Optimum Money Market Accounts for customers that qualify for Popular Silver Rewards that open between March 12, 2018 and May 15, 2018. Promotional APY of 1.50% will be effective for 6 months from the account opening date for all new Optimum Money Market Accounts that open between March 12, 2018 and May 15, 2018. You must be eligible for and maintain a Popular Prestige Checking account in order to qualify for Popular Rewards. Popular Rewards Terms and Conditions will apply. Please refer to "Your Guide to Popular Prestige Checking" and to the Popular Rewards Terms and Conditions for more information. Customers with a combined deposit and/or outstanding line of credit balances of \$100,000 and more may qualify for Gold Rewards, and customers with a combined deposit and/or outstanding line of credit between \$25,000 and \$99,999.99 may qualify for Silver Rewards. After the 6-month period has ended, the promotional rate will be set to the standard rate at the time. The standard rate is a variable rate that is subject to change without notice. Fees may reduce earnings in the account. Popular Community Bank, in its sole discretion, reserves the right to change or terminate this offer at any time. This offer is available in all Popular Community Bank branches and via our website. To qualify for the promotional Annual Percentage Yield (APY), new or existing customers must open an Optimum Money Market Account with a required minimum balance and opening deposit of \$10,000 in new money. New money is defined as deposits not previously held with Popular Community Bank. Please refer to "Your Guide to Optimum Money Market Account" for further details. Banco Popular North America is a Member FDIC institution and operates under the assumed name "Popular Community Bank" in the markets in which it operates. Accordingly, Banco Popular North America and Popular Community Bank are the same FDIC-insured institution. Copyright © 2018 Banco Popular North America. Member FDIC.

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